

# 12 Herbs That Kill Parasites Naturally



by  
**DR. JOCKERS**

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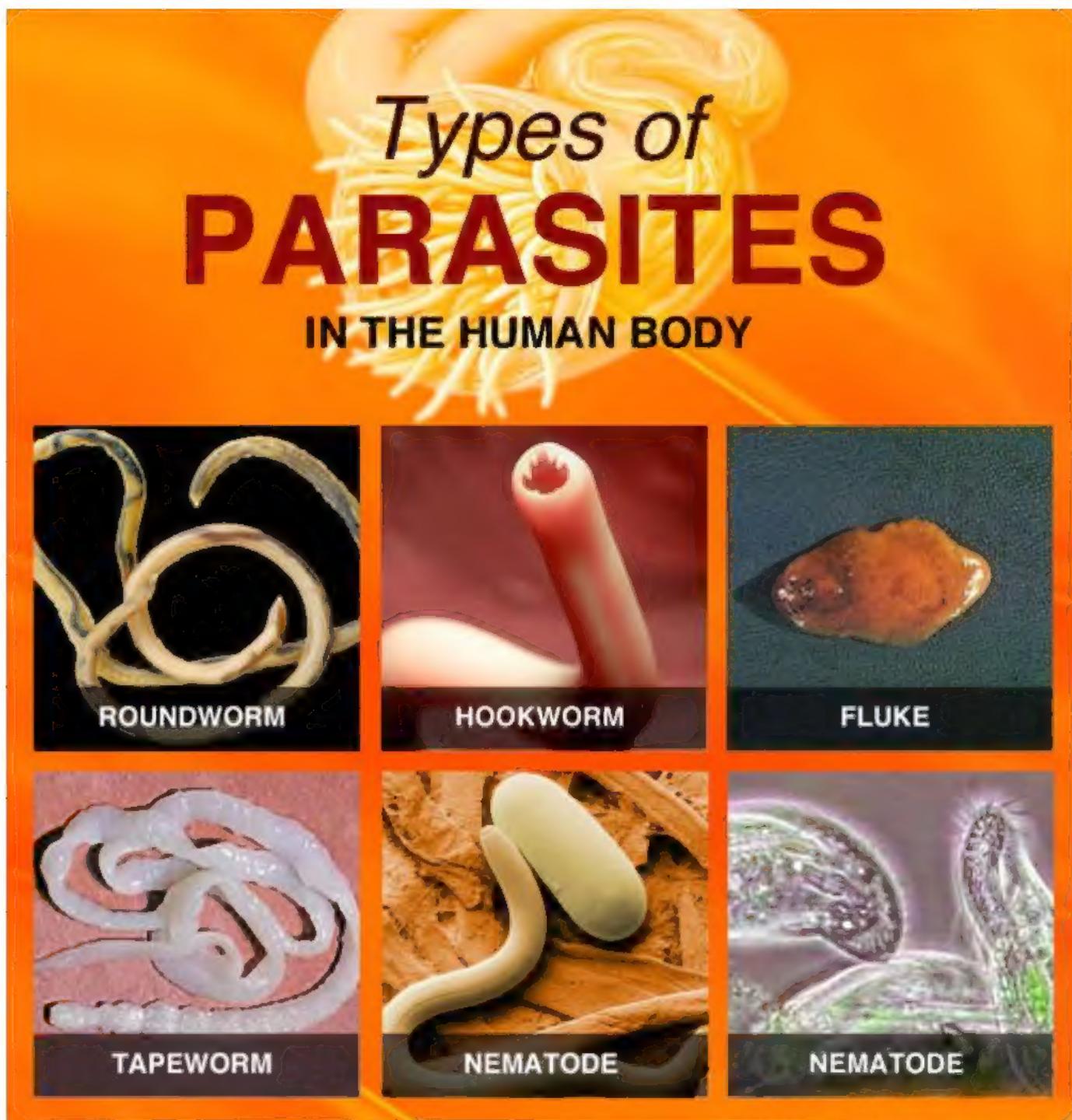


## 12 Herbs That Kill Parasites Naturally

Parasites can be found in nearly 50% of the American population. These are foreign pathogens that make their way into our bodies through unclean water, shellfish, pork products and other forms of contaminated food. The most common internal parasites that humans are commonly dealing with include tapeworms, amoeba, protozoa, yeast, and

pathogenic bacteria. Although there are some modern medical treatments available, many people are looking for ways to kill parasites naturally.

Fortunately, we now have enough information available to know what types of things parasites do not like. By following specifically designed protocols using natural compounds, parasites can be effectively removed from the body without doing extensive damage to the gut. As a result, you will likely feel greater energy, restored digestive function, and overall returning of vitality.



## Symptoms

Parasite infection can cause many unpleasant symptoms. Depending on the type of parasite, an infection can cause massive **inflammation**, brain fog, digestive troubles, chronic fatigue, and much more.

Parasitic infections are an often overlooked, and yet critical, step in overcoming chronic health challenges. Especially in very stubborn cases where someone just can't seem to get well, this may be a missing link. Using various strategies and herbs to kill parasites can make a big difference in one's health.

### WARNING SIGNS THAT YOU MAY HAVE A BACTERIAL, YEAST OR PARASITIC OVERGROWTH



- Chronic Digestive Issues
- Fatigue and Weakness
- Changes in Appetite
- Anxiety
- Teeth Grinding
- Iron-Deficiency Anemia
- Depression
- Headaches
- Skin Problems
- Abdominal Pain
- Chronic Pain
- Poor Memory

## Anti-Parasitic Herbs

Plants are under pressure from various insects and other parasitic lifeforms everyday. They have adapted by producing unique compounds that ward off these parasites. These compounds are typically bitter and astringent in nature and occur in tree barks, roots and the leaves of many natural **herbs** and plants.

There are literally hundreds of different anti-microbial herbs so a consumer can get easily confused trying to find which will work best. Through my research, I have found these 12 to be particularly effective to kill parasites and we have formulated unique products that contains clinical doses of some of these herbs.

Parasitic infections largely happen in individuals with weakened immune systems. Here are factors that predispose us to getting them.

### Risk Factors for Getting Parasites

- Unnecessary Use of Anti-Biotics
- Poor Sleeping Habits
- Poor Dietary Habits
- Chronic Stress
- Major Traumas or Injuries



### Other Factors that Increase Risk

- Owning Pets
- Traveling to 3rd World Countries
- Not Washing Your Produce

### Black Walnut

Black Walnut is a type of walnut that contains large amounts of a cytotoxic compound called

juglone. Research on juglone has revealed the potential to fight bacteria such as *S. aureus*, *Escherichia coli*, *Bacillus subtilis*, *Penicillium* sp., *Aspergillus* sp., and *Hansenula* sp. as well as certain types of **fungi** (1, 2).

Additionally, black walnut acts as a mild laxative to help facilitate the elimination of dead microbes and waste products that would otherwise accumulate in the digestive tract.



## Sweet Wormwood

Also known as *Artemisia annua*, sweet wormwood is an extremely bitter herb with properties that kill parasites. This powerful extract has also been shown to inhibit one of the most deadly malaria parasites, *Plasmodium falciparum* (3).

Some preliminary research also suggests that wormwood contains anti-inflammatory, anti-cancer, and immunoregulatory benefits as well (4). So using this to kill parasites and **reduce inflammation** in the gut can be very beneficial.



## Benefits of Sweet Wormwood

- Powerful Anti-Parasitic Agent
- Better than Antibiotics for SIBO
- Anti-Fungal Properties
- Improves Immune Function
- Stimulates Digestive
- Juice Production
- Improves Bowel Motility

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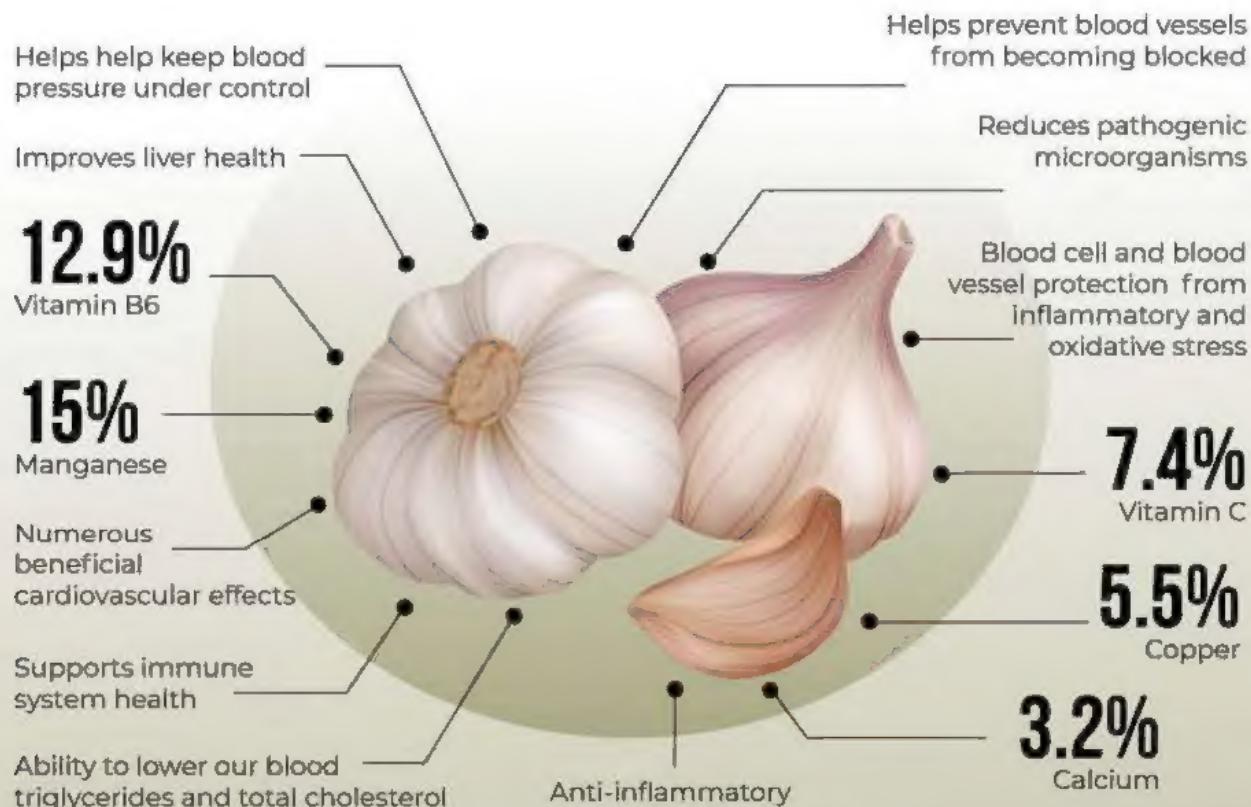
### Garlic

Garlic may be one of the most traditional remedies to kill parasites and reducing unwanted microbes in the gut. It seems our research has caught up to our intuition with this one because garlic contains powerful broad-spectrum antimicrobial properties against bacteria, fungi, viruses, and parasites (5).

Additionally, garlic is a powerful source of nutrition that is great for the body in many ways. Although there are many beneficial compounds in [garlic](#), one called allicin is thought to provide much of its antimicrobial effects (6). In order to maximize allicin, it is best to eat fresh garlic that has been smashed or chopped.

Alternatively, you could also supplement with a concentrated garlic extract to help kill parasites.

# GARLIC NUTRITION INFORMATION



## HOW CAN YOU CONSUME GARLIC?



Season your favorite foods using raw garlic.



Take capsules or health supplements that contain allicin.



Consume it raw as a powerful natural medicine.



Apply it directly to the skin as an antiseptic.

### DID YOU KNOW?

5,000 years ago in Ancient Egypt, slaves received a daily ration of garlic to improve their strength against illnesses.



## Oregano

Oregano is not just great tasting on pizza, but may also be one of the most powerful antimicrobial substances we currently know of. It has been shown to have diverse activity against bacteria, viruses, fungi, and parasites. Specifically [oregano](#) essential oil has been shown to effectively act on bacteria like MRSA that have become resistant to traditional treatments (7).

Finding solutions to antimicrobial resistance is key for human survival and oregano provides a promising one. It is one of the go to herbs to kill parasites and other unwanted microbes.

# BENEFITS OF OIL OF OREGANO

While fresh and dried oregano have tremendous benefits, the oil concentrates the powerful anti-microbial compounds that kill pathogens and reduce oxidative stress.

**CARVACROL**  
The most abundant phenol in oregano and a very strong anti-microbial.

**THYMOL**  
Natural anti-fungal agent that strengthens immunity.

**ROSMARINIC ACID**  
Strong antioxidant that helps protect cells and tissues from oxidative stress.

**Oil of oregano** is very strong and high doses should be used only for short periods of time and should not be used continuously for more than a month without a break. Always best to start with a low dose and gradually increase until you see improvements.



## Tribulus:

Tribulus is a flowering plant that is renowned in southern Europe and the middle East. This herb was shown to have strong anti-microbial effects against 11 pathogenic microbes including *Staphylococcus aureus*, *Corynebacterium diphtheriae*, *Escherichia coli*, *Proteus vulgaris*, *Serratia marcescens*, *Salmonella typhimurium*, *Klebsiella pneumoniae*, *Pseudomonas aeruginosa* and *Candida albicans* (8).

A product we use with health coaching clients that are struggling with parasites as well as bacterial and yeast overgrowth is **GI Clear**. This product combines tribulus with sweet wormwood and black walnut as well as other powerful anti-microbial agents. You can check it out [here](#)

The image shows a product packaging for 'GI CLEAR' dietary supplement. The packaging is a dark brown glass bottle with a blue and white label. The label features the 'DrJockers.com' logo with the tagline 'SUPERCHARGE YOUR LIFE!' and the product name 'GI CLEAR'. Below the product name, it says 'Dietary Supplement' and '60 Vegetarian Capsules'. The background of the image is a blue and white graphic design with the text 'GI CLEAR CLINICAL BENEFITS' at the top.

- Supports the Body's Immune Response
- Supports Healthy Microbial Activity in the Gut
- Promotes GI Mucosal Membrane Health

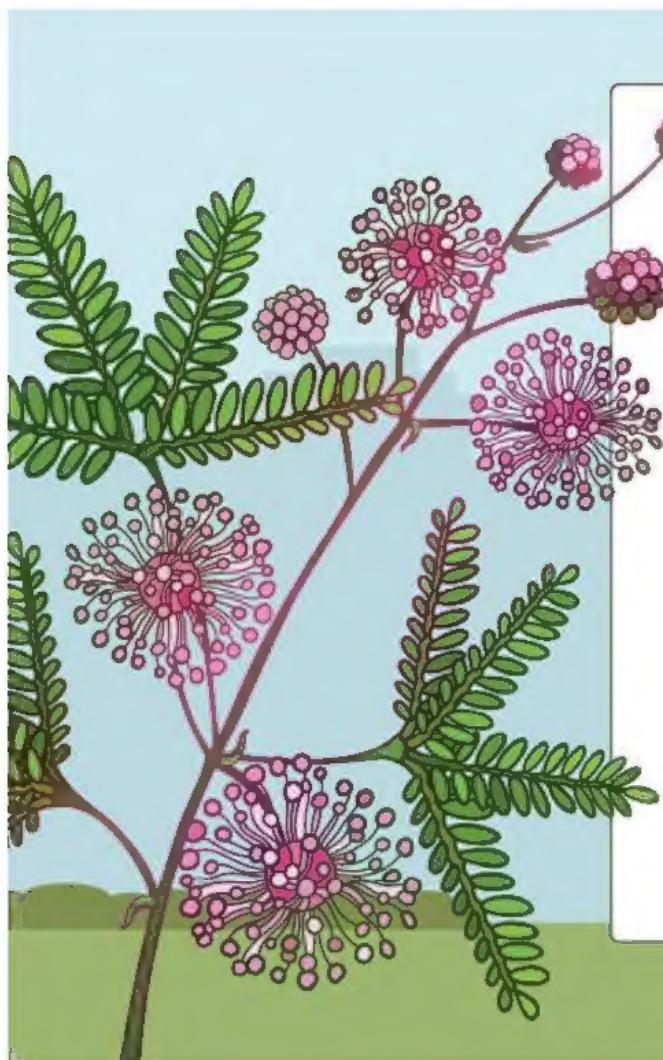
### Mimosa Pudica:

The list of health challenges that have historically benefited from **Mimosa pudica** is interesting and varied. Indian Ayuverdic medicine, a holistic system of health over 3,000 years old, prescribes Mimosa for a variety of health remedies including dysentery, leprosy, jaundice, asthma, uterine problems, blood diseases, fatigue and more (9).

Mimosa pudica seeds consist of a very gooey, sticky fat-soluble material that adheres to everything and helps to support the entire intestinal tract. It is considered by many to be the best herbal treatment for worms and other larger parasites.

[NOTE: Contraindication: Because of its proven anti-fertility properties, Mimosa Pudica

should never be consumed by a woman trying to become pregnant. Also, pregnant women should not consume *Mimosa pudica*.]



## Benefits of *Mimosa Pudica*

*This plant has been used historically for the following purposes*

Supports Wound Healing

Anti-Venom Effects

Soothing Hemorrhoids and Ulcers

Anti-Depressant and Anti-Anxiety Effects

Improves Indigestion and Diarrhea

Anti-Microbial, Anti-Fungal,

Anti-Parasitic and Anti-Viral Properties

Reduces Joint Pain

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### Neem:

Neem is a powerful anti-microbial that is classically used in the Eastern healing art called Ayurvedic Medicine. The compounds within neem that make it so effective include anti-fungals, anti-virals, gedunin, nimbin and nimbidin. Neem also contains the polyphenolic anti-oxidant compounds quercetin and B-sitosterol.

Nimbidin is the main compound that helps neem to kill bacteria and parasites. Gedunin is anti-viral and anti-malarial. Salannin and azadirachtin work to repel insects. These compounds are most highly concentrated in the oil and seeds, but active ingredients are also present in bark and leaves (10).

## Grapefruit Seed

Grapefruit seed contains high amounts of **citrus bioflavonoids** that act as powerful antioxidants and anti-microbials. Specifically hesperidin, contained in grapefruit seed, may be largely responsible for its antimicrobial effects.

Studies have highlighted antibacterial and anti-fungal effects from this potent extract and, when combined with geranium, has even shown to effectively combat MRSA (an antibiotic-resistant strain of staph infection) (11).



## Wormseed

Wormseed, also known as Chenopodium ambrosoides, is an uncommon herb with significant activity against fungi and certain bacteria. It has recently been investigated for its ability to fight **H. Pylori** which is a common and tricky to fight bacterial infection that many people get (12).

Wormseed has also been investigated as a natural alternative to chemical bug sprays, food

preservatives, and as a supplement to help prevent intestinal infections in livestock.

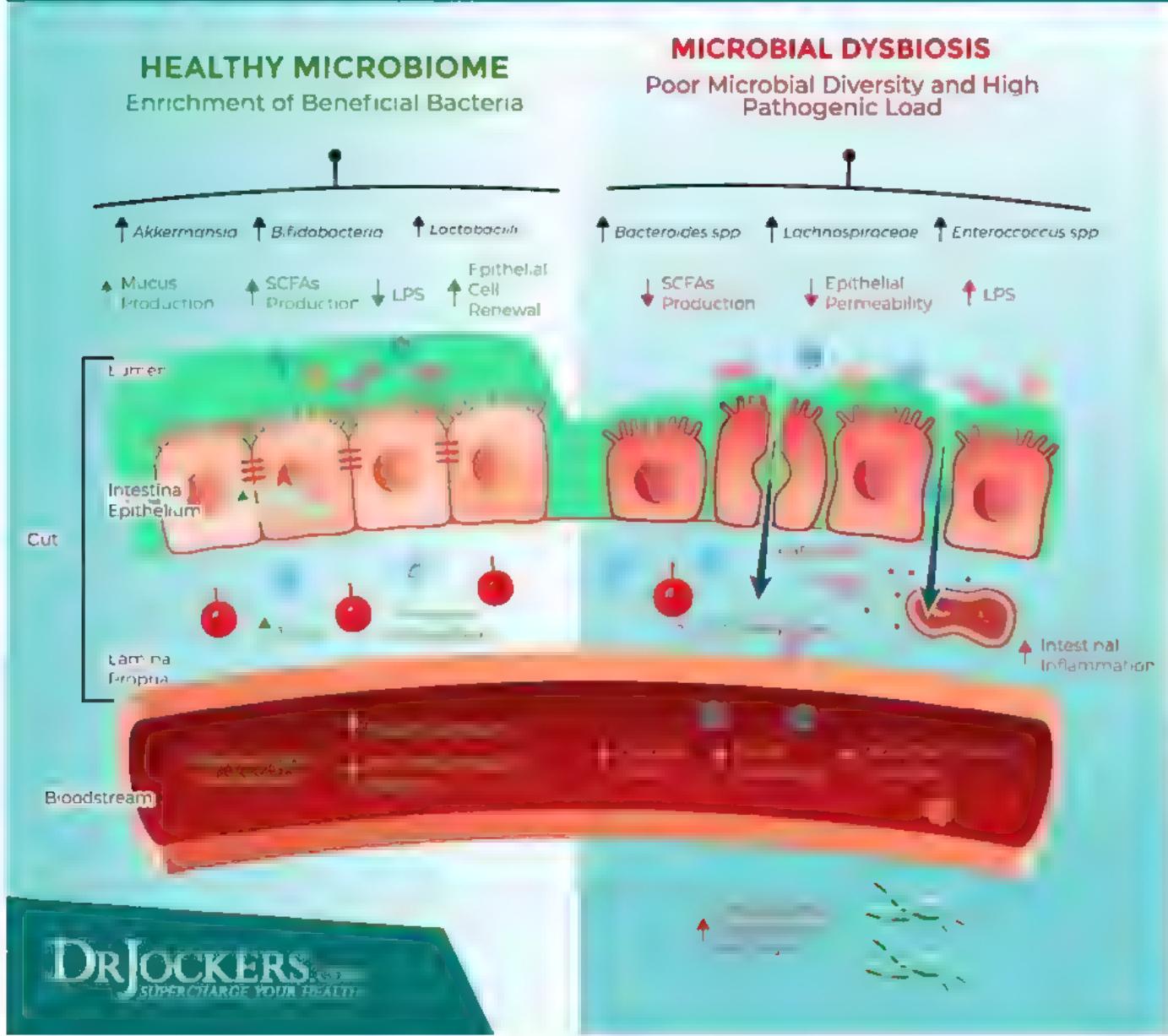
### Vidanga:

The Ayurvedic herb Vidanga, otherwise called Embelia ribes, is a climbing shrub that has powerful anti-parasitic effects. One of the main compounds is embelin and its unique 2,5 isobutylmine salts as well as plant tannins and glycosides that have been reported to possess anti-inflammatory, anti-tumor, anti-hemolitic, analgesic and anti-oxidant activities (13).

This herb has also been shown to reduce the damaging effects of a bacterial waste **endotoxic** product called lipopolysaccharide (LPS). LPS is a potent inflammatory agent and can trigger wide ranging inflammatory storms throughout the body including in the lungs where it can cause respiratory distress syndrome.

LPS is one of the main factors associated with “die-off syndrome” or the “healing crisis” people often encounter when trying to reduce bacteria, yeast and parasites in their gut. Studies show that the use of Vidanga significantly reduces LPS induced airway inflammation (14). This can be a powerful tool to help one reduce bad microbes and their toxic metabolites.

# HEALTHY MICROBIOME VS. DYSBIOSIS



## Passion Flower

Passion flower is an herb commonly used for **anxiety** relief and relaxation. It contains a wide array of nutrients including alkaloids, phenols, glycoside flavonoids, and cyanogenic compounds that may contribute to its ability to help fight pathogens (15).

Additionally, passionflower is great for improving **insomnia** symptoms and promoting a sense of overall calmness. This is important because one of the most common symptoms I

have seen people experience when they have parasitic overgrowth is insomnia. In particular, waking up between 1-3am and having trouble falling back asleep is a common issue people with parasites experience.

**8 HERBS THAT IMPROVE SLEEP QUALITY**

**VALERIAN**

**PASSION FLOWER**

**LEMON BALM**

**LAVENDER**

**PEPPERMINT**

**CHAMOMILE**

**LINDEN FLOWER**

**CATNIP**

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## Clove

Cloves are one of the richest sources of antioxidants on the planet and they contain one of the most powerful anti-microbial agents in the herbal kingdom, known as eugenol. This compound impacts bad microbes in the gut but also get out into circulation and kill parasites and their larvae and eggs. It also has profound anti-inflammatory and anti-cancer benefits.

Clove essential oil or the dried herb helps protect against worms, amoebas, fungi, bacteria and viruses involved in things like malaria, cholera, scabies, dengue fever and tuberculosis (16). Clove is also very strong against H Pylori, which is a bacteria that can lead to **stomach ulcers** when overgrown in the stomach.

# PARASITE CLEANSING HERBS



**CLOVES**

Cloves contains the most powerful germicidal agent in the herbal kingdom, known as eugenol. It also contains caryophyllene, which is a powerful antimicrobial agent. These components travel through the bloodstream, killing microscopic parasites and parasitic larvae and eggs.

**WORMWOOD**

According to research, wormwood helps to produce an intestinal environment that is deadly to parasites and other dangerous organisms.

Source: Rev. Med. Chir. Soc. Med. Nat. Iasi. 2009, iul Sep; 113 (3):911-4



**BLACK WALNUT**

According to the Pharmaceutical Society of Australia, black walnut is effective against ringworm, tapeworm, pin or thread worm, and other parasites of the intestine.



## Introducing Mimosa Pudica Seed and Formula 1:

As a practitioner, I was encountering many clients with challenging parasites in their system. I knew I needed a product that would help them eliminate these effectively. Mimosa Pudica Seed and Formula 1 are clinically formulated, advanced dietary supplement that are specially designed to provide a unique blend of anti-microbial herbal compounds.

These are my go to products for individuals with challenging parasites such as amoeba and worms. I typically recommend taking **Mimosa Pudica Seed** at night before bed (2-4 caps) and **Formula 1**, 1-2 caps, 2 times daily about 30 minutes before meals. Mimosa Pudica Seed is the concentrated form of Mimosa Pudica seed and Formula 1 is a combination of the Ayurvedic herbs Neem, Vidanga, and Clove.

A photograph of two dietary supplement bottles. The bottle on the left is labeled 'MICROB' and 'Mimosa Pudica Seed'. The bottle on the right is labeled 'Clinical Benefits'. Both bottles are blue and white and appear to be made of glass.

**Mimosa Pudica Seed**  
**Clinical Benefits**

- Immune and GI System Support
- Helps Remove Parasites
- Supports the Body's Detoxification Processes

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## Anti-Parasite Nutrition Plan

It is usually not enough to just use anti-microbial herbs when trying to cleanse your body of unwanted pathogens and kill parasites. You will likely achieve a much higher success rate if you also ensure you are eating in a way that further combats foreign pathogens in the gut.

Parasites love sugar and so it is absolutely crucial to avoid sugar and limit your intake of foods that are converted into sugar after consumption. Additionally, performing regular [fasts](#) along with specific cleansing strategies can help accelerate the process.



### Fasting & Cleansing

Fasting for longer amounts of time helps to starve unwanted microbes in the gut while also reducing the burden of digestion, allowing it to heal much more quickly. You can read about my [fasting strategies here](#).

It is a good idea to consume anti-microbial and cleansing compounds while fasting. Drink plenty of water with added organic acids from lemons/limes and apple cider vinegar. It is

also important to do a lot of salts such as Himalayan sea salt or organic broth to maintain mineral balance.

For example, it would be a great idea to start the day with a large glass of water and adding a squeeze of lemon or lime and 1 tablespoon of apple cider vinegar.





## Anti-Microbial Foods

In addition to fasting and cleansing, you will want to eat foods that will not feed the infection while also actively combatting it. A high-fat/low-carb diet will likely be a great place to start.

Additionally, you will want to utilize plenty of anti microbial herbs such as oregano, thyme, rosemary, clove, cayenne pepper, and ginger.

Some of the best foods for combatting parasites include sprouted pumpkin seeds, fresh pomegranate, coconut oil and coconut products, raw garlic, and raw onion. To help promote a more beneficial microbial balance it is a good idea to consume fermented foods like coconut kefir, [apple cider vinegar](#), sauerkraut, kimchi, and pickles.

Many people in this state will not tolerate dairy very well so I generally recommend avoiding dairy based fermented products until gut health has been restored.

**ANTI-PARASITIC MEAL PLAN**

**Morning:**  
Super hydration (40-64oz of water with herbal compounds)  
Herbal teas with coconut oil or MCT oil

**Mid-Day:**  
Coconut Berry Shake,  
Guacamole & veggies,  
probiotic foods & drinks



## Controlling Negative Reactions

When you attack pathogens in the gut and kill parasites, there is often a large amount of waste released into the GI tract that can become harmful if not properly eliminated. This is why in my personal protocol I typically recommend utilizing **activated charcoal** or a fulvic and humic acid complex to bind up these toxins and pass them through bowel movements.

The key is to use the herbs that kill parasites with food as that is when the unwanted visitors come out to eat as the food goes through the GI system. As they begin to eat, the astringent herbs are mixed in with the food and they eat bits of those. After we kill parasites with the herbs, we use the activated charcoal or the **BioActive Carbon BioTox** after the meal to help grab up the toxins in the gut and blood stream and eliminate them through the drainage pathways of the body before they can get into organ systems and exert a negative impact on our health.



# BioActive Carbon **BioTox**

Clinical Benefits

- Supports the Body's Detoxification Process
- Binds to Mold, Ammonia and Aldehydes
- Works to Remove Toxins Throughout the Body

## Healing The Gut

The presence of an infection can cause a lot of damage to the mucosal barrier, intestinal lining, and overall digestive function. This is why when fighting a parasite, you want to make sure you are following up with a [gut healing protocol](#).

The goal is to eliminate pathogens and build your gut health to prevent them from returning, otherwise you can end up with more problems down the road. Check out my video below for the best foods to implement for this.

I also have a specifically designed protein blend containing a ton of anti-inflammatory nutrients that can be very helpful for restoring gut health. I usually recommend my [Gut Healing protein](#) for anyone that has gone through serious digestive issues and it works very well.



## Key Benefits of Gut Healing Protein

- ✓ Natural Detoxification Mechanisms
- ✓ Gastrointestinal Health
- ✓ An Anti-Inflammatory Environment
- ✓ Health of the Microbiome
- ✓ Lactose-Free Vegan Protein Source

## Final Thoughts

Parasitic infection can cause the body to suffer severe side effects. Conventional medicine has solutions for this kind of issue, but they often very harsh on the digestive tract and can lead to other problems.

Fortunately, utilizing specific herbs in a standardized extract form, along with the other lifestyle strategies listed in this article can help kill parasites while protecting and strengthening the integrity of your gut. This way you can also help protect yourself from ever having to go through these troubles again.



**Formula 1**  
Clinical Benefits

- Immune and GI System Support
- Helps Remove Parasites
- Supports the Body's Detoxification Processes

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**PARASITES**  
THE MISSING LINK TO CHRONIC ILLNESS

Parasites can be the root cause of chronic illnesses



## Parasites: The Missing Link to Chronic Illness

Often the root cause of chronic illnesses, parasites are more common than you think!

In humans, these organisms can cause a wide array of symptoms – digestive trouble, skin rashes, irritability, teeth grinding, heart palpitations, anxiety, depression and more – and many people are unknowingly infected.

If you've been sick for years, parasites could be causing some of your symptoms. Join me and learn how to properly detect and eliminate them!

**Parasites: The Missing Link to Chronic Illness could help you answer questions like:**

- Why are parasite infections such a big deal?
- How do I know if I have a parasitic infection?
- What is the connection between parasites & autoimmunity?
- Do environmental factors impact parasitic infections?
- How do I implement an antiparasitic diet?
- What's preventing me from eliminating parasites?
- How do I defend against getting parasites in the first place?
- Get answers to these and many more questions!

—>**Learn everything you need to know about parasites when you attend this complimentary, online event!**

